

FIELDING GAMES

Youth Instructional Sports and Performance Training

Week 6 **July 17 – 21**

Babe Ruth said, “Baseball is the greatest game in the world and deserves the best you can give it.” This week is all about fielding games and giving it your best to learn baseball and softball skills, and tactics and situational play. Through the games of kickball, softball, baseball and even cricket, campers will learn, develop, and improve their overall play in fielding games. Sports specific skills this week will focus on hitting mechanics, proper throwing mechanics and receiving/fielding fly-balls and ground balls. Offensive and defensive situations will be covered to allow campers a more in-depth understanding of the game and becoming mentally focused and situationally smart in the field, the batter’s box and on the bases. Additionally, there will be opportunities for the campers to work on specific position skills such as catching and pitching. Whether you are a player new to the sport or a player who is playing at the club or travel level, this week at camp will allow for a fun, dynamic approach to skill work and situational drills that will allow you to take your game beyond the warning track and out of the park!

Cross Training Program

Total body conditioning will be the emphasis for cross training each week and will focus on the specific fielding movements and muscle groups to allow the athlete to coordinate skills and improve performance effectively and efficiently. Agility training will focus on footwork and band/resistance training to increase quickness and speed. Whether stealing a base, chasing a fly-ball, charging a grounder, running to first base, or getting out of a run-down or pickle quickness and speed are the key.



What gives our fielding camp the competitive edge?

Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program that was developed by Ben Stobb, the Assistant Varsity Baseball Coach at Highland High School. Our program offers a sport psychology influenced tool-kit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

Top Skilled and Invested Coaches

We are honored to announce that all our coaches have either coached or played within the local high school and university educational systems. Our coaches have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. Please visit our website under “our team and guest coaches” for more information.

Boot Camp Fitness Program

The Boot Camp Fitness Program is a program offered to those athletes who participate in four or more weeklong training sessions throughout the entire summer. This program will provide the athlete with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.